

FIND YOUR VALUES



Step One:

Find a quiet space, turn off your phone and simply relax. Take a few deep breathes to ground yourself. Get a piece of paper or a journal ready.

Step Two:

Work through the questions below one by one. Write or draw what comes up for you.

1. First think of a few people, real or fictional, who you admire or inspire you. They could be people you look up to, or people from your past who helped you to become the person you are today. Just think about them and really bring them to life in your mind.

2. Now, one by one, write down all of the characteristics, beliefs or actions that you admire. In no time at all, you should be creating quite a list of values that mean something to you.

3. Now think ahead to your 80th birthday. Imagine who you are with, where you are and what you have become. One by one, each guest stands in front of a microphone and shares a story, anecdote or value in you they admire. What words do they say? Write them down.

4. Looking at all of the words in front of you, do you see any patterns? Are there any words that naturally group together? Don't worry if some of them seem to contradict each other. You are a paradox, and it is this which makes you unique and interesting.

5. Ask yourself: how am I honouring my values in my life, work and decision making? How am I not?

